

Pre-Mass Catechesis

Lent 3

March 14/15

Today is the third Sunday of Lent. Those who are preparing to enter the Church at Easter receive the first of three scrutinies. These scrutinies are meant to uncover, and then heal all that is weak, defective, or sinful in the hearts of the elect; to bring out, then strengthen all that is upright, strong, and good. For the scrutinies are celebrated in order to deliver the elect from the power of sin and Satan, to protect them against temptation, and to give them strength in Christ, who is the way, the truth, and the life. These rites, therefore, should complete the conversion of the elect and deepen their resolve to hold fast to Christ and to carry out their decision to love God above all.

In our prayer during the Mass, we pray for all people that their hearts and minds may be enlightened by the Holy Spirit. In today's scriptures, the focus is on water which gives life. For those who live in the desert, water is a precious commodity. But Jesus gives us more than just physical water. He gives us water for eternal life.

We are like the woman at the well who thirsts for living water. The Eucharist is Jesus the living water. Through the Eucharist, he saves us and gives us eternal life. Our challenge is to have the heart of the woman at the well, who despite her own misgivings, let Jesus talk to her and allowed him to penetrate her skepticism in order to transform and heal her.

Do we allow Jesus through the Mass and the Eucharist to do the same for us? Are we as receptive to God's word and sacrament as the woman was to Jesus? Or are we resistant to God's plans?

May the Eucharist give us the courage to encounter Christ and challenge us to become the person God has called us to be.